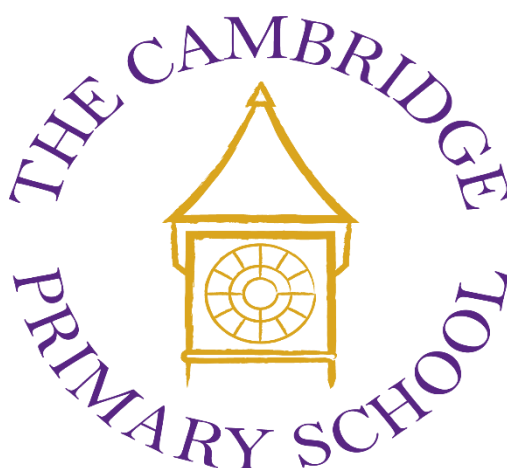


**THE CAMBRIDGE PRIMARY SCHOOL**

**Packed Lunch POLICY**

**2023-2026**



<b>Date of Approval:</b>	July 2023
<b>Date of Next Review:</b>	July 2026

The Cambridge Primary School  
Queens Avenue, Wellesley  
Aldershot, Hampshire GU11 4AA  
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## The Cambridge Primary School

### Packed Lunch Policy

#### INTENT

At The Cambridge Primary School we want to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide children with healthy and nutritious food that is similar to food served in schools, which is now regulated by regular standards.

#### National Guidance

This policy takes consideration of a range of national documents including information and a draft policy from the School Food Trust, the Food in Schools Toolkit (Department of Health) and Food policy in schools- a strategic policy framework for governing bodies (National Governors Council, (NGC) 2005).

This policy applies to all parents providing packed lunch for consumption at school or on school trips during normal school hours. It has been written in order to make a positive contribution to the health of our children and as part of our Healthy Schools Status. We believe that eating a healthy nutritional packed lunch can encourage a happier, calmer population of children. It is also written in order to promote consistency between packed lunches and food provided by the school, which adheres to the National Standards set by the government, details of which can be found at [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)

This policy applies to all pupils, parents and carers providing packed lunches to be consumed within school or on school trips during normal school hours.

#### IMPLEMENTATION

All children have a choice of a cold packed lunch (provided by home) or a hot meal cooked (provided by Chartwells) on the school premises. Therefore, a packed lunch should not include any warm food for health and safety reasons.

Hot dinners at The Cambridge Primary provide children with a balanced tasty hot meal. They are free for Reception, Year 1 and Year 2 children as part of Universal Free School Meals.

For eligibility for free school meals KS2 (Y3-Y6) for families who may meet criteria (please contact school office for details).

Children in Years 3-6, who are not eligible for a free school meal, should make payment using Scopay the school's online payment system.

A termly menu is available to everyone on our [school website](#).

#### The school will:

- Provide storage facilities for children bringing in packed lunches.

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- Ensure that fresh drinking water is available.
- The school will work to provide appropriate dining room arrangements.
- The school will work with parents and carers to ensure that packed lunches abide by the standards listed below.
- Wherever possible the school will enable pupils eating packed lunches and pupils eating school lunches to sit together.
- Topics on healthy lifestyles in our curriculum, reinforcing the packed lunch policy.

**Parents will:**

- Provide children with a suitable container which they can eat the lunch from (rather than need to take food out and place it straight onto the table). A plastic box with a removable lid is ideal. Pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off during the Summer
- Provide nutrition and balanced packed meal

We strive for all our children to have a balanced diet. This will be achieved by children having:

- At least one portion of fruit or vegetables every day.
- A portion of meat or other source of non-dairy protein for example (lentils, chick peas)
- Dairy foods such as cheese, yoghurt, fromage frais (This does not include DairyLea Lunchables or similar products).
- A portion of carbohydrate for example (bread, pasta, rice, couscous)
- A drink of water is best followed by semi-skimmed or skimmed milk, fruit juice, drinking yoghurt, milk drinks or smoothies.

The children will be encouraged to eat the above options first at lunch time. A balanced diet can also include an occasional small portion of snacks such as:

- Cereal bars rather than cakes and biscuits.
- Pretzels, seeds, fruit, crackers and cheese, and vegetable or bread sticks with a dip.

Parents are encouraged to be aware of portion sizes as the children get a maximum of 25 minutes to eat their lunch each day. The NHS have a fantastic website <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes> with lots of tips, ideas and recipes for a balanced lunch box.

**Packed lunches MUST not include;**

- Hot food that hasn't been served by the kitchen. Meat with bones i.e. chicken drum stick.
- Fast food meal
- Nuts – including peanut butter and Nutella – **because of the life threatening risk** to any other child who may have a severe allergy
- Confectionery such as chocolate bars and sweets (fruit strings are considered to be sweets). Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.

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- Fizzy drinks as these are mostly very unhealthy and are likely to make a mess and spoil food.

### **Waste and disposal**

The school will, within reason, send any uneaten packed lunch food items back home. The rationale for this is that parents can also monitor what their child has consumed during the day and then raise any concerns over their child's food intake with the school.

### **Break time snacks**

All children in Reception, Year 1 and Year 2 receive free fruit and vegetables (a selection of carrots, tomatoes, pears, apples, raisins, bananas) from the Government, as part of the healthy snack scheme. This is a national scheme for all children EYFS and KS1 children across the country).

To help children get their five a day, children are welcome to bring in their own fruit or vegetables to supplement, or instead of, this. KS2 (Y3 upwards) can bring in fruit and vegetables only to have at breaktime ie

- Whole or sliced fruit.
- Vegetable sticks, e.g. celery, carrot, pepper, cucumber.

Where at all possible, this should not include wrappers. A named Tupperware box is a good way to bring in the softer fruit.

### **Not suitable for Snack box:**

- Fruit tinned in syrup,
- Processed fruit bars (eg fruit winders, fruit flakes etc). These are high in sugar and can cause tooth decay, so are not suitable as between-meal snacks.

### **After School Snacks For children attending after school clubs:**

A healthy snack (no chocolate bars etc) and in line with our safe for all approach (no nuts etc).

### **Special diets and Allergies**

The school also recognises that some children may require special diets or have allergies to certain foods that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. With this in mind children swapping food is actively discouraged. Peanut butter and Nutella as sandwich fillings are not allowed, due to their nut content. These fillings could seriously affect any child or adult with a nut allergy.

Visit <http://www.anaphylaxis.org.uk/schools/help-for-schools> for information on managing allergies in schools.

### **IMPACT**

Packed lunches will be regularly reviewed by lunchtime staff and periodically by the Senior Leadership Team. Packed lunches that are not providing a balanced meal will be highlighted to the class teachers and then discussed with parents. Support will be for parents who are finding it difficult to adhere to the policy.

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We will work closely with the catering team (Chartwells), reviewing the number of children choosing school dinners, to promote school meals as a first option.

The school will write to all new and existing parents/carers to inform them of the policy via the school newsletter. The policy will also be available on the school's website. The school will use opportunities to promote this policy as part of a whole school approach to healthier eating.

All school staff, including teaching and catering staff, will be informed of this policy and will support its implementation.

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